

32 (New). A method for preventing iron deficiency anemia in a mammal comprising the steps of:

- a) removing a composition comprising micro-encapsulated iron granules and a lipid-based excipient from packaging material;
- b) at the time of consumption, adding a therapeutically effective amount of said composition to a food; and
- c) administering the food to said mammal

wherein:

the iron granules are encapsulated with a coating selected from the group consisting of monoglycerides, diglycerides, ethyl cellulose, hydrogenated soy bean oil and mixtures thereof; and
the excipient is an edible oil in hydrogenated form.

33 (New). An article of manufacture comprising packaging material and a pharmaceutical composition contained within said packaging material, wherein said pharmaceutical composition is therapeutically effective to prevent iron deficiency anemia, and wherein the packaging material comprises a label which indicates that the composition comprises iron and that iron ingestion is effective to prevent iron deficiency anemia, said composition comprising a therapeutically effective amount of an admixture of microencapsulated iron granules in combination with a lipid-based excipient wherein: